

School Health Promotion Morning Announcements

FEBRUARY: Take Care of Your Smile



Quiz:

[Start speaking here.]

1. How many times should you brush your teeth every day?

- A. Once
- B. Twice
- C. Three times

Answer: B. Dentists say you should brush your teeth with fluoride toothpaste twice a day.

2. What is the name of the sticky substance that builds up on your teeth if you don't brush – and can cause cavities?

- A. goop
- B. sugar
- C. plaque

Answer: C. Plaque sticks to your teeth and can cause cavities – or holes – in your teeth.

3. How often should you change your toothbrush?

- A. Once a year
- B. Twice a year
- C. Every three months

Answer: C. Dentists say you should get a new toothbrush every 3 months.

###

